Disaster Preparedness

CERT Basic Training
Unit 1

Home and Workplace Preparedness

Preparing for a Disaster
- Know and reduce when possible local hazards
- Know alerts, warning systems, evacuation routes, and sheltering plans
- Disaster preparedness for you and family

Develop a Disaster Plan
- Where will you meet family members?
- Who is your out-of-State “check-in” contact?
- Will you have an extended stay? Shelter in place? Evacuate?
- How will you escape your home? Workplace? School? Place of worship?
- What route (and several alternates) will you use to evacuate your neighborhood?
- Do you have transportation?
- Did you practice your plan?

Escape Planning
- Consider needs of children and individuals with disabilities
- Inform all family members or office coworkers of the plan
- Run practice escape drills
Fortifying Your Home

- Different non-structural hazards to fortify against:
  - Home fires
  - Landslides or mudslides
  - Wildfires

Sample Structural Hazard Mitigation

- Bolt older houses to their foundations
- Strap propane tanks and chimneys
- Raise utilities above flood risk level
- Strap mobile homes to their slabs
- Ask a professional to check foundation, roof connectors, chimney, etc.
- Build a “safe room”

Nonstructural Hazard Mitigation

- Anchor heavy furniture
  Rule of thumb: tall+fall=strap it down
- Secure appliances and office equipment
- Secure cabinet doors with childproof fasteners
- Locate and label gas, electricity, and water shutoffs
- Secure water heaters and have flexible gas lines installed

Hazards From Home Fixtures

- Gas line ruptures from displaced water heaters or ranges
- Damage from falling books, dishes, and other cabinet contents
- Electric shock from displaced appliances
- Fire from faulty wiring, overloaded plugs, or frayed electric cords

Earthquake Preparedness

- Store heavy and breakable objects on low shelves
- Secure bookshelves and water heaters
- Move beds away from windows

Earthquake Preparedness

- Move or secure hanging objects over beds, sofas, or chairs
- Keep shoes and a flashlight under the bed
During an Earthquake
- Duck, cover, and hold
- If indoors, stay there!
- If outdoors, find a spot away from buildings, trees, streetlights, power lines and overpasses
- If in a vehicle, drive to a clear spot and stop

Protective Actions
- Assess situation
- Stay or change locations
  - Critical early decision in disasters
- Seek clean air
- Signal if trapped
- Remove contaminants
- Practice good hygiene

After an Earthquake
- Extinguish small fires
- Clean up spills
- Inspect home for damage
- Help neighbors
- Tune to Emergency Alert System (EAS)
  - KCBS, KABC and KGO plus others
- Also called Bay Area Community Warning System (CWS) Notification Media
- Expect aftershocks

Bay Area CWS Alerts
- Sign up for cell phone alerts at
  - Contra Costa County CWS – cwsalerts.com
  - Nixle – www.nixle.com
- See alerts online at cwsalerts.com
- Sign up for email alerts at Nextdoor.com
- WCPD and other government entities post notices to Nextdoor

Bay Area CWS Notification Media

<table>
<thead>
<tr>
<th>Television</th>
<th>Radio Stations</th>
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<tbody>
<tr>
<td>KCRT Television</td>
<td>KCBS AM 740</td>
</tr>
<tr>
<td>Channel 4 (NBC)</td>
<td>KATD AM 990</td>
</tr>
<tr>
<td>Channel 5 (CBS)</td>
<td>KFRC AM 610</td>
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<tr>
<td>Channel 9 (PBS)</td>
<td>KEAR FM 106.9</td>
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<tr>
<td>Contra Costa Television (CCTV)</td>
<td>KQED FM 96.5</td>
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<td>KFRC FM 99.7</td>
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<td>KSTN FM 107.3</td>
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<td>KYCY FM 93.3</td>
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<td>KZWC FM 88.1</td>
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<td>Shadow News Services</td>
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<td>Metro News Service</td>
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Sheltering
- Shelter in place: sealing a room
  - Identify internal room
  - Stay for several hours
  - Store supplies
- Shelter for extended stay
  - Stay for several days or up to 2 weeks
  - Store emergency supplies
- Mass care or community shelter
  - Take 3-day disaster kits
  - Shelters provide most supplies
Earthquake Preparedness

Emergency Supplies

CAR KITS
HOME KITS
PET KITS
OFFICE/WORKPLACE KITS

Let’s Talk About Supplies

Food and Water

Choose foods that:
- You like
- Require little or no cooking or water for prep
- Require no refrigeration
- Do not increase thirst (e.g. low salt)
- Meet the needs of infants, diabetics or others with special needs

Remember food for your pets, utensils and a manual can opener!

Food and Water

- Inspect your food cache every 3 months
- Use a marking pen to write your food’s expiration date
- Store in a cool, dark, dry place
- Store food in airtight or tightly sealed plastic or metal containers
- Have a way to cook your food

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Food and Water

- A person can survive weeks without food but only a few days without water

I’m having a small water crisis here!

Water

- Minimum one gallon per person or pet per day for up to 14 days for consumption
- Use food grade plastic containers, do not use used milk containers
- Observe the expiration date for store-bought water
- Replace other stored water every six months
- Use marking pen to mark expiration date
- Be prepared to disinfect additional water

Supplies

- First Aid/Medication
- Communication and Lighting
- Warmth, Shelter and Clothing
- Tools
- Sanitation
- Special needs

Where do we get supplies?

- Hardware stores
- Grocery stores
- Camping stores
- Emergency Preparedness stores

Exercise

Are YOU Ready? Olympics

Unit Summary

- You should now be able to:
  - Identify roles and responsibilities for community preparedness
  - Describe types of hazards that affect community, people, health, and infrastructure
  - Undertake personal and organizational preparedness actions
  - Describe functions of CERTs